

Join Us: August 2024's Community Events

Monthly Theme: **Learning and Growing**

Join our coaches in group coaching sessions, featuring meditations and workshops.

Dive into the Wellness Coach app for this exciting challenge - The Freedom to Move!



Featured Workshops & Meditations



Affirmations: Positive Thinking and Growth

8:00 am ET - Coach Corene Summers

[Register Here](#)



Stretch: Productivity Boost with Desk Moves

3:00 pm ET - Coach Amanda Richardson

[Register Here](#)



Workshop: Science-Backed Procrastination Solutions

12:30 pm ET Coach Jeffrey Arroyo

[Register Here](#)



Workshop: Developing Focus and Imagination Through Creativity

12:30 pm ET - Coach John Siddique

[Register Here](#)



Immunization Month: A Guide to Vaccines

12:30 pm ET - Coach Andrea Leschak

[Register Here](#)



Let's Talk: The Neuroscience Behind Effective Learning

3:30 pm ET - Coach Elizabeth Markie

[Register Here](#)



Workshop: Essential Skills for Everyday Success

12:30 pm ET - Coach Andy Lee

[Register Here](#)



Workshop: Journaling for Self-Expression and Growth

3:30 pm ET - Coach Selena Lael

[Register Here](#)



Workshop: Building Emotional Toughness in Children

12:30 pm ET - Coach John Siddique

[Register Here](#)



Meditation: Cultivating a Growth Mindset

8:00 am ET - Coach Daniel Mandelbaum

[Register Here](#)

Celebrating Breastfeeding Month



Breastfeeding Week: Eat Well, Feel Great While Nursing

12:30 pm ET - Coach Tessa Spisak

[Register Here](#)



Breastfeeding Week: Yoga for Nurturing Moms

11:00 am ET - Laura Tabloski

[Register Here](#)

